Learning Time Management

Write down all the activities you do on a typical weekday.

- How long does each activity take?
- Do you have enough time to accomplish everything you need to do?

Activity	Time Spent Sample 24-hou		
		ır Day	
		Get ready for school	(30 min)
		Eat breakfast	(15 min)
		Walk to the bus	(15 min)
		Ride the bus to school (45 min)	
		Attend school	(6.5 hours)
		Ride the bus home	(45 min)
		Walk home from bus	(15 min)
		Do homework	(1 hour)
		Chat with friends	(30 min)
		Family dinner	(1 hour)
		Walk to baseball	(15 min)
		Baseball practice	(1 hour)
		Walk home	(15 min)
		Get ready for bed	(15 min)
		Watch TV	(30 min)
		Read for pleasure	(1 hour)
		Sleep	(9 hours)